

FIG. 1

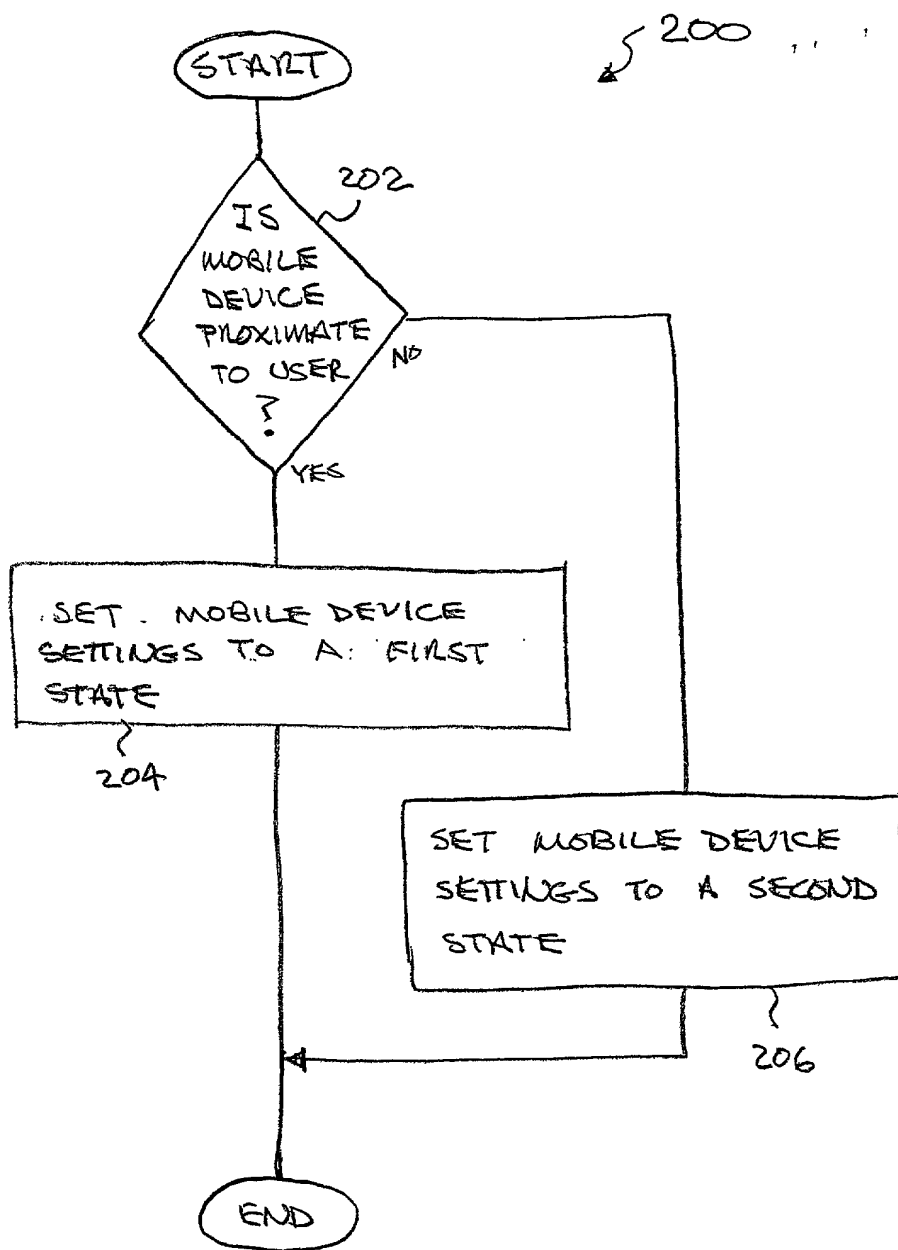


FIG. 2

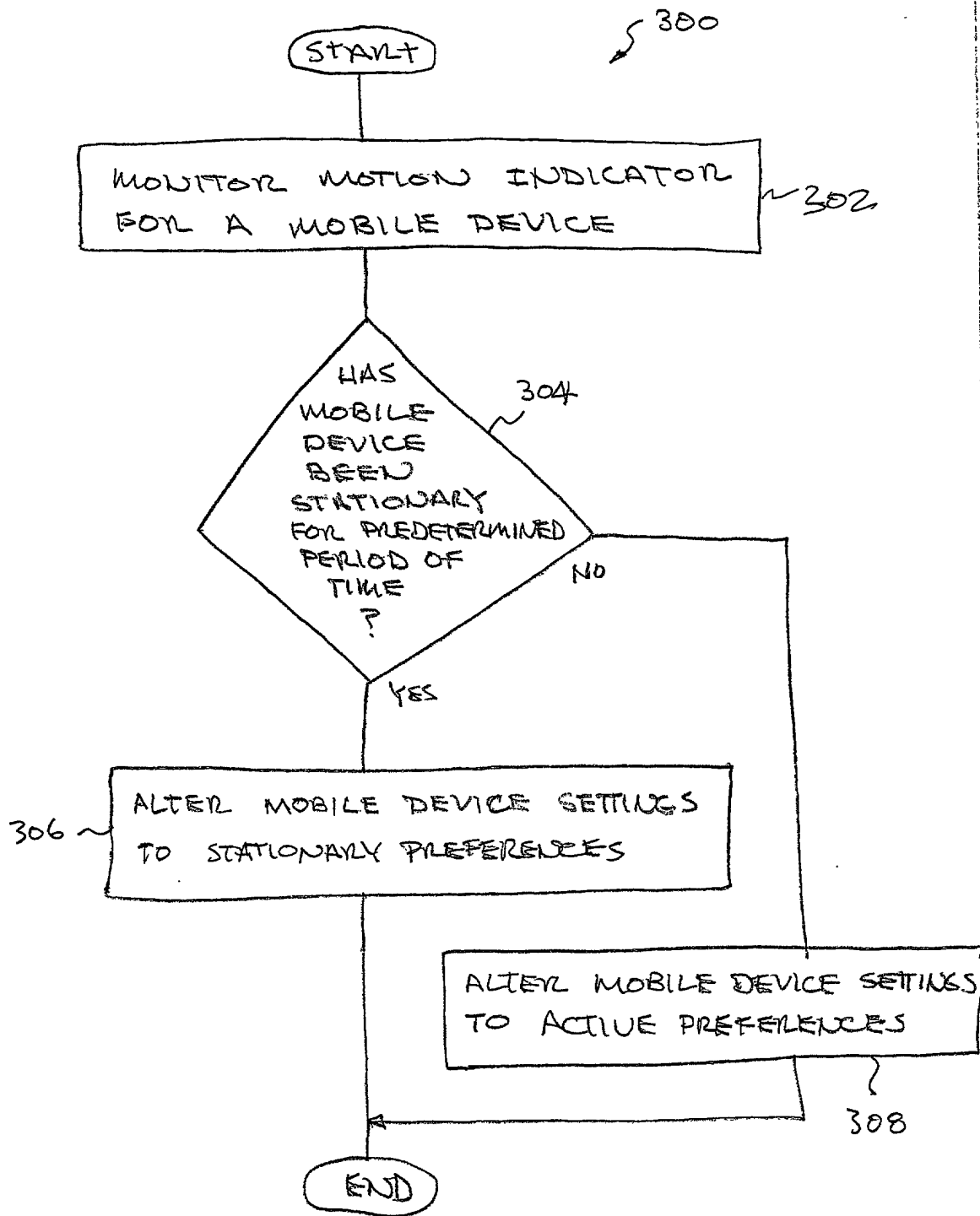


FIG. 3

Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary, middle-aged men. The subjects were divided into two groups: a control group and a training group. The control group consisted of 10 men who did not participate in any form of exercise during the study. The training group consisted of 10 men who participated in a 10-week training program. The training program consisted of three sessions per week, each lasting 30 minutes. The sessions were performed at a heart rate of 150 beats per minute. The HR and HRR were measured at the beginning and end of the study. The results showed that the training group had a significantly higher HR and HRR at the end of the study compared to the control group. This suggests that a 10-week training program can improve the cardiovascular fitness of sedentary, middle-aged men.

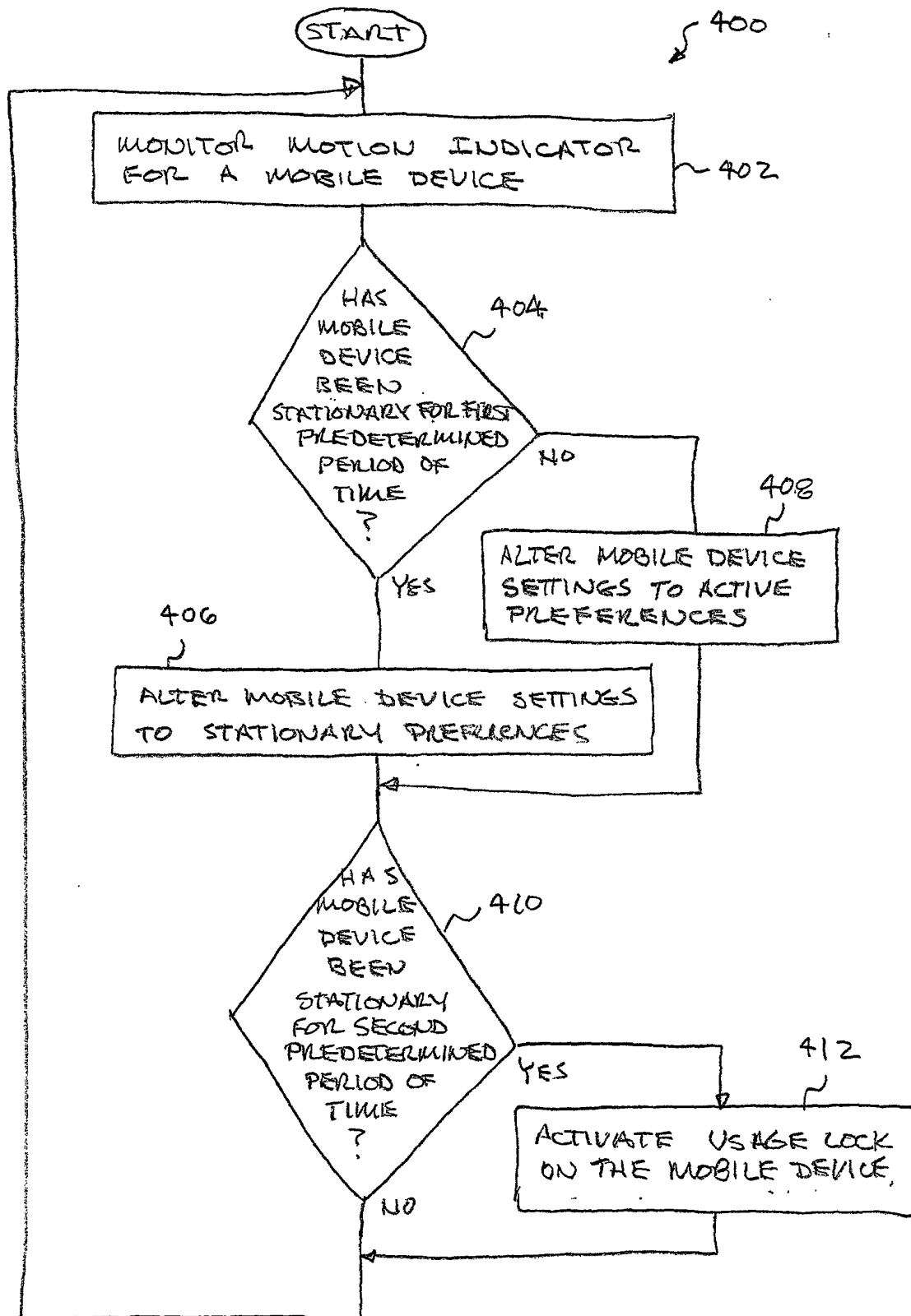


FIG. 4

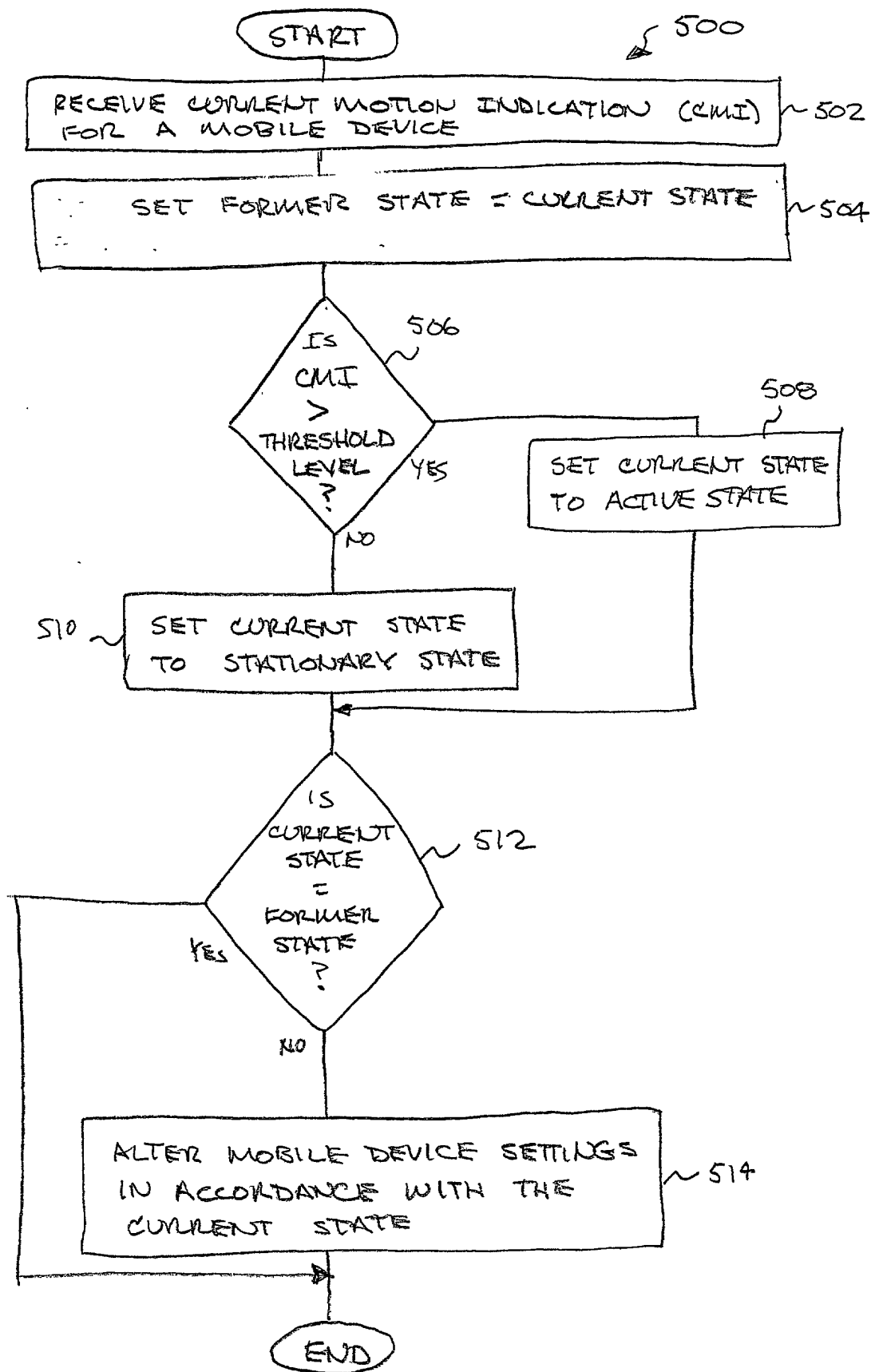


FIG. 5

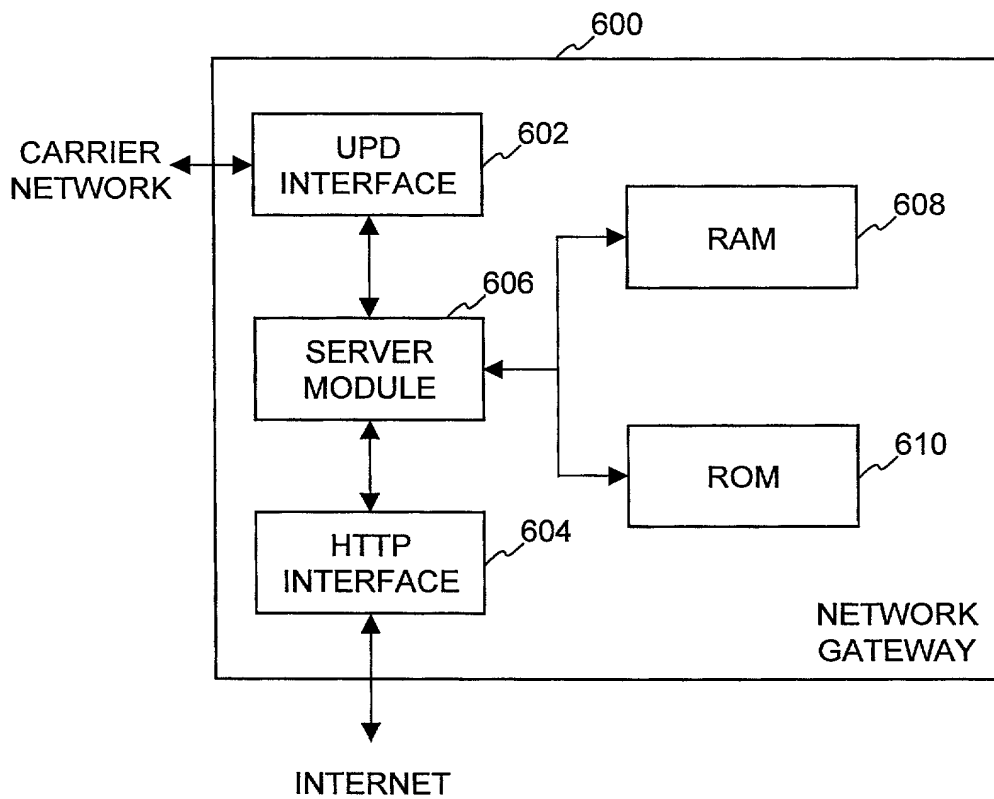


FIG. 6A

FIG. 6B

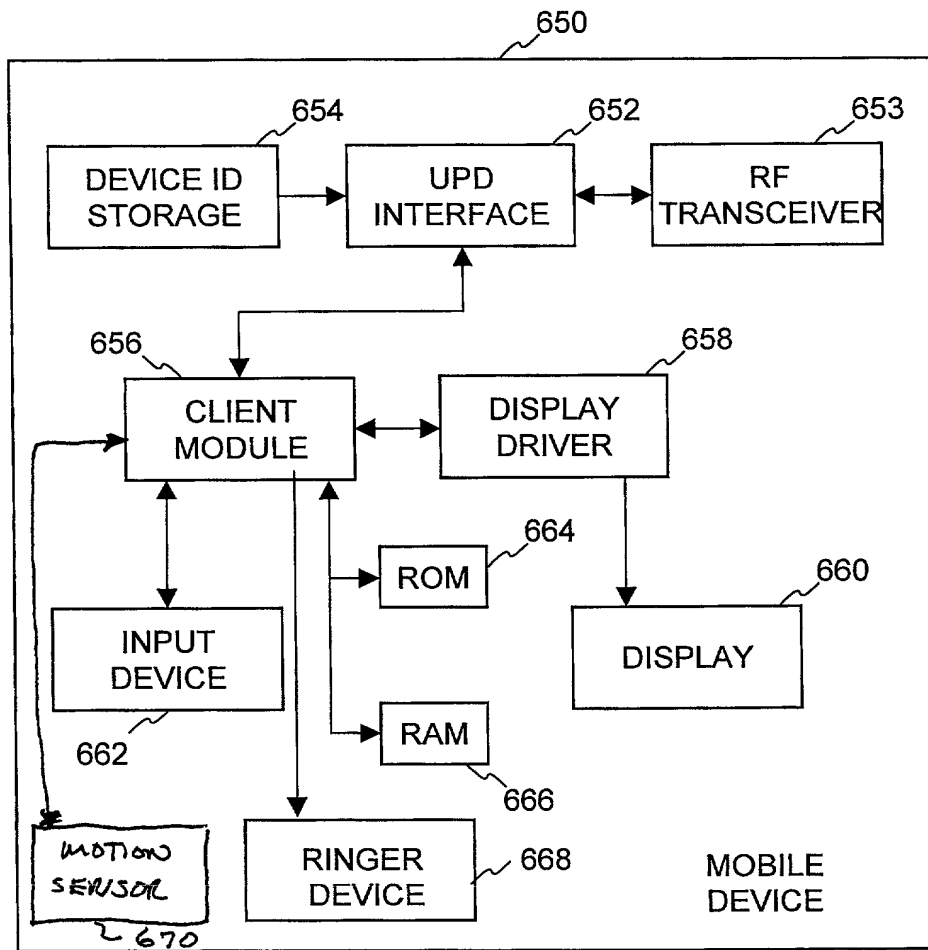


FIG. 6B